

Prevention Pathways

Online Courses

Types of Care

Inpatient or Residential Detoxification

A woman lives at a closely monitored center with intensive therapy, medical and mental health services, and education groups available. Most programs last from 1 to 7 days. Some women may need to stay longer if they are pregnant, have other medical needs, or have other mental health disorders such as depression. Short-term inpatient services can be provided in a hospital or in another residential setting.

Residential Treatment and Rehabilitation

These services are for women who need longer treatment services in a structured environment. Hospitals run the largest number of these services and most insurance plans cover limited stays. For this treatment, a woman can stay short-term (7 to 60 days) or long-term (30 days to 6 months or longer). Most of the length of stay is determined by insurance coverage. These programs offer the same services as detoxification programs.

Outpatient Treatment Services

Women do not live at these centers. They have to attend therapy sessions or groups, a certain number of hours a week. Most programs include individual and group therapy as well as participation in a 12-step program such as [Alcoholics Anonymous \(AA\)](#). These groups are not led by a professional therapist but rather are peer run.

Self-Help/Support Groups

These groups are run throughout communities nationwide at all times of the day and evening. Many local churches host meetings and all are free to attend. Since women make up roughly one-third of all Alcoholics Anonymous (AA) participants, many meetings are now women only. These mutual self-help groups are supportive for women who need continuing care and the ability to meet other people in a alcohol-free environment. 1For more information about AA, visit www.aa.org.

References

1. Roth, P. (ed.) *Alcohol and Drugs Are Women's Issues, Volume I*. Metuchen, NJ: Scarecrow Press, 1991.

<http://www.samhsa.gov/preventionpathways>